

Claims

- 5 1. A method of identifying a condition in an individual in which an elevated serum or plasma HDL concentration, or HDL cholesterol concentration, provides enhanced protection against cardiovascular disease, the method comprising the step of testing the individual for a disorder that detrimentally affects the protective effect of HDL, whereby absence of such a disorder is an indication of enhanced protection against cardiovascular disease when said individual exhibits elevated
10 serum or plasma HDL or HDL cholesterol concentration.
2. The method according to claim 1, wherein the disorder is selected from liver damage and oxidative stress.
- 15 3. The method according to claim 1 or 2, comprising the additional step of determining the serum or plasma HDL or HDL cholesterol concentration.
4. The method according to claim 2 wherein the disorder comprises liver damage and testing for liver damage comprises determining γ -glutamyltransferase or a
20 liver transaminase activity or concentration in a serum or plasma sample and comparing it to a selected reference value for γ -glutamyltransferase.
5. The method according to claim 2, wherein the disorder comprises liver damage and testing for liver damage comprises genotyping mutations or polymorphisms
25 inducing or predisposing to liver damage or influencing serum or plasma γ -glutamyltransferase activity or concentration or the testing of the expression of the genes encoding these proteins.
6. The method according to claim 2, wherein the disorder comprises oxidative
30 stress and testing for oxidative stress comprises determining serum or plasma ac-

tivity or concentration of one or several phase I or phase II detoxification enzyme.

- 5 7. The method according to claim 2, wherein the disorder comprises oxidative stress and testing of oxidative stress is the assessment of serum or plasma concentration of ferritin or an oxidized fatty acid, oxidized phospholipid or cholesterol oxidation product.
- 10 8. The method according to claim 6, wherein the detoxification enzyme is a cytochrome P450 enzyme or the catalase, a paraoxonase, a superoxide dismutase, a glutathione peroxidase, a glutathione synthase, a glutathione reductase, a glutathione transferase, a glutamyl-cysteinyl synthase, a quinone reductase, a diaphorase, a thioredoxin, a glutaredoxin, a peroxiredoxin, an epoxide hydrolase, an aldehyde hydrolase, an aldo-keto reductase, a properdin, the selenoproteins P or W, an N-acetyl-transferase, a metallothionein, a sulfurtransferase, an alcohol dehydrogenase, an aldehyde dehydrogenase, a glutamate dehydrogenase, a dihydrodiol dehydrogenase, or a carboxyl esterase.
- 15 9. The method according to claim 2, wherein the disorder comprises oxidative stress and testing for oxidative stress comprises determining the antioxidative capacity of HDL
- 20 10. The method according to claim 4, wherein the reference value is selected from a reference range of 20 to 100 units per liter.
- 25 11. The method according to any one of the preceding claims, wherein the cardiovascular disease is coronary heart disease or cerebrovascular disease.
- 30 12. The method according to claim 11, wherein the coronary heart disease is myocardial infarction.

13. Method of treatment of an individual in order to protect the said individual against the risk of cardiovascular disease, the method comprising the steps of testing the said individual for a disorder which detrimentally affects the protective effect of HDL, identifying and selecting an individual free of said condition, and treating the selected individual in order to enhance the HDL or HDL cholesterol level of said individual.
14. The method according to claim 13, wherein the disorder is selected from liver damage and oxidative stress.
15. The method according to claim 14, wherein the disorder comprises liver damage and testing for liver damage comprises determining γ -glutamyltransferase activity or concentration in a serum or plasma sample and comparing it to a selected reference value for γ -glutamyltransferase.
16. The method according to claim 14, wherein the disorder comprises liver damage and testing for liver damage comprises genotyping mutations or polymorphisms influencing serum or plasma γ -glutamyltransferase activity or concentration, or mutations in the phase I and II enzymes, or the expression of these genes.
17. The method according to claim 14, wherein the disorder comprises oxidative stress and testing for oxidative stress comprises determining serum or plasma paraoxonase activity or concentration.
18. The method according to claim 14, wherein the disorder comprises oxidative stress and testing for oxidative stress comprises determining the antioxidative capacity of HDL.
19. The method according to claim 13, wherein the treatment to enhance the HDL or HDL cholesterol level is a drug treatment, the drug being selected from the group consisting of niacin, a statin, an apolipoprotein AI or AII synthesis en-

hancing agent, a PPAR alpha agonist such as a fibrate, a PPAR gamma or delta agonist, a sterol absorption inhibiting agent such as a resin, a CETP inhibitor, an ACAT inhibitor, a PLTP agonist, a LCAT agonist, a LPL agonist, a hepatic lipase agonist, a SR-B1 agonist, or a ABC1 (ATP-binding cassette A1) agonist.

5

20. The method according to claim 19, wherein the statin is selected from the group consisting of atorvastatin, fluvastatin, lovastatin, pravastatin and simvastatin.

10

21. The method according to claim 19, wherein the fibrate is selected from the group consisting of bezafibrate, ciprofibrate, clofibrate, fenofibrate and gemfibrozil.

22. The method according to claim 19, wherein the resin is selected from the group consisting of colestipol and cholestyramin.

15

23. The method according to claim 13, wherein the treatment includes physical activity or physical exercise.

24. The method according to claim 13, wherein the treatment includes gene transfer and other kinds of gene therapy.

20

25. A kit for identifying a condition in an individual in which condition an elevated serum or plasma HDL or HDL cholesterol concentration provides enhanced protection against cardiovascular disease, or for predicting an individual's response to HDL or HDL cholesterol elevating treatments, wherein the kit comprises means for testing the individual for a disorder which detrimentally affects the protective effect of HDL

25

26. The kit according to claim 25, wherein the additional condition is liver damage and the means comprise means for determining serum or plasma γ -glutamyltransferase or for genotyping genomic mutations and/or polymorphisms.

30

27. The kit according to claim 25, wherein the additional condition is oxidative stress and the means comprise means for determining paraoxonase activity or concentration, the antioxidative capacity of HDL, or genotyping genomic mutations and polymorphisms.

5

28. The kit according to claim 25 for assessing an individual's risk of cardiovascular disease further comprising means for determining HDL or HDL cholesterol concentration in a serum or plasma sample of said individual.

10

11
12
13
14
15
16
17
18
19
20
21
22
23
24
25
26
27
28
29
30
31
32
33
34
35
36
37
38
39
40
41
42
43
44
45
46
47
48
49
50
51
52
53
54
55
56
57
58
59
60
61
62
63
64
65
66
67
68
69
70
71
72
73
74
75
76
77
78
79
80
81
82
83
84
85
86
87
88
89
90
91
92
93
94
95
96
97
98
99
100
101
102
103
104
105
106
107
108
109
110
111
112
113
114
115
116
117
118
119
120
121
122
123
124
125
126
127
128
129
130
131
132
133
134
135
136
137
138
139
140
141
142
143
144
145
146
147
148
149
150
151
152
153
154
155
156
157
158
159
160
161
162
163
164
165
166
167
168
169
170
171
172
173
174
175
176
177
178
179
180
181
182
183
184
185
186
187
188
189
190
191
192
193
194
195
196
197
198
199
200
201
202
203
204
205
206
207
208
209
210
211
212
213
214
215
216
217
218
219
220
221
222
223
224
225
226
227
228
229
230
231
232
233
234
235
236
237
238
239
240
241
242
243
244
245
246
247
248
249
250
251
252
253
254
255
256
257
258
259
260
261
262
263
264
265
266
267
268
269
270
271
272
273
274
275
276
277
278
279
280
281
282
283
284
285
286
287
288
289
290
291
292
293
294
295
296
297
298
299
300
301
302
303
304
305
306
307
308
309
310
311
312
313
314
315
316
317
318
319
320
321
322
323
324
325
326
327
328
329
330
331
332
333
334
335
336
337
338
339
340
341
342
343
344
345
346
347
348
349
350
351
352
353
354
355
356
357
358
359
360
361
362
363
364
365
366
367
368
369
370
371
372
373
374
375
376
377
378
379
380
381
382
383
384
385
386
387
388
389
390
391
392
393
394
395
396
397
398
399
400
401
402
403
404
405
406
407
408
409
410
411
412
413
414
415
416
417
418
419
420
421
422
423
424
425
426
427
428
429
430
431
432
433
434
435
436
437
438
439
440
441
442
443
444
445
446
447
448
449
450
451
452
453
454
455
456
457
458
459
460
461
462
463
464
465
466
467
468
469
470
471
472
473
474
475
476
477
478
479
480
481
482
483
484
485
486
487
488
489
490
491
492
493
494
495
496
497
498
499
500
501
502
503
504
505
506
507
508
509
510
511
512
513
514
515
516
517
518
519
520
521
522
523
524
525
526
527
528
529
530
531
532
533
534
535
536
537
538
539
540
541
542
543
544
545
546
547
548
549
550
551
552
553
554
555
556
557
558
559
560
561
562
563
564
565
566
567
568
569
570
571
572
573
574
575
576
577
578
579
580
581
582
583
584
585
586
587
588
589
590
591
592
593
594
595
596
597
598
599
600
601
602
603
604
605
606
607
608
609
610
611
612
613
614
615
616
617
618
619
620
621
622
623
624
625
626
627
628
629
630
631
632
633
634
635
636
637
638
639
640
641
642
643
644
645
646
647
648
649
650
651
652
653
654
655
656
657
658
659
660
661
662
663
664
665
666
667
668
669
670
671
672
673
674
675
676
677
678
679
680
681
682
683
684
685
686
687
688
689
690
691
692
693
694
695
696
697
698
699
700
701
702
703
704
705
706
707
708
709
710
711
712
713
714
715
716
717
718
719
720
721
722
723
724
725
726
727
728
729
730
731
732
733
734
735
736
737
738
739
740
741
742
743
744
745
746
747
748
749
750
751
752
753
754
755
756
757
758
759
760
761
762
763
764
765
766
767
768
769
770
771
772
773
774
775
776
777
778
779
780
781
782
783
784
785
786
787
788
789
790
791
792
793
794
795
796
797
798
799
800
801
802
803
804
805
806
807
808
809
810
811
812
813
814
815
816
817
818
819
820
821
822
823
824
825
826
827
828
829
830
831
832
833
834
835
836
837
838
839
840
841
842
843
844
845
846
847
848
849
850
851
852
853
854
855
856
857
858
859
860
861
862
863
864
865
866
867
868
869
870
871
872
873
874
875
876
877
878
879
880
881
882
883
884
885
886
887
888
889
890
891
892
893
894
895
896
897
898
899
900
901
902
903
904
905
906
907
908
909
910
911
912
913
914
915
916
917
918
919
920
921
922
923
924
925
926
927
928
929
930
931
932
933
934
935
936
937
938
939
940
941
942
943
944
945
946
947
948
949
950
951
952
953
954
955
956
957
958
959
960
961
962
963
964
965
966
967
968
969
970
971
972
973
974
975
976
977
978
979
980
981
982
983
984
985
986
987
988
989
990
991
992
993
994
995
996
997
998
999
1000